DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO



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Be Prepared County of San Bernardino Get your FREE Flu Shot at Your Local Community POD Site

Be prepared for the flu season by receiving your free flu shot. The County of San Bernardino, Department of Public Health, Preparedness and Response Program is encouraging residents to get their flu shot and discover their local Point Of Dispensing (POD) site. A POD site is a location where the community would go to receive medication and or vaccinations during a public health emergency, such as pandemic influenza or bioterrorism.

The Preparedness and Response program will be offering FREE Flu shots to residents while exercising management of community POD sites. The free flu shot clinics are designed as a learning environment for the Department to exercise plans and procedures for a local pandemic influenza response. The goal of the exercise is to test the Department's mass distribution of prophylaxis and vaccinations to county residents as a response to a bioterrorism attack, an outbreak or pandemic influenza, such as the 2009 H1N1 Pandemic.

County residents are encouraged to start planning and preparing for an emergency by using these three simple steps: *Know Your Part, Learn Where to Go, and Learn Where to Find Information.*

- **Know Your Part:** Be informed about emergencies that could happen in your community and prepare for them by knowing about your community Point Of Dispensing (POD) site.
- Learn Where To Go: Know where your nearest community POD site will be to receive medications or vaccinations.
- Learn Where To Find Information: Identify sources of information in your community that will be helpful before, during and after an emergency.

For more information on public health emergencies or to see the FREE Flu shot clinic schedule, visit the County of San Bernardino, Department of Public Health, Preparedness and Response Program website at www.sbcounty.gov/prp or call 909-252-4406.

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